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HOUSEKEEPERS' CHAT

Friday, October 15, 1937

(FOR BROADCAST USE ONLY)

Subject: "BREAKFAST FOR COOLER WEATHER." Information from the Bureau of Home Economics, U. S. Department of Agriculture, Washington, D. C.

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I shall never forget a dinner I went to several months ago. There wasn't anything special about the food, or the way it was served, or the table decorations. But it was the conversation afterwards that I remember. You've been to dinners like it -- where all the guests seem to speak the same language. And no matter what subject comes up, there's someone in the crowd that can talk about it from first-hand experience.

That night we talked of books -- the amusing ones we had read because we wanted to. We settled the war in Europe without any bloodshed. We talked of travel, although none of us had been outside the State for weeks. Then during the latter part of the evening for no reason at all the conversation shifted to breakfasts.

And right there at 8 o'clock in the evening we all had our say about breakfasts. Some of us like 'em heavy. Some liked them light. We all had our favorite combinations and our preferences for ways of cooking them. The talk had been going on for a short while when the oldest man in the group spoke up.

He hadn't talked much all evening. But now he said firmly and with finality, "I like my apple pie for breakfast."

We all looked at him to see if he might be joking. But no, he really meant it. He went on, "I don't hold much with these newfangled breakfast dishes. The trouble with 'em is they're liable to digest on you before the morning is over. Now I like my piece of apple pie. You can just feel it down there while you are a working -- a nourishin' you and a nourishin' you."

Well, we didn't "hold much" with his idea of a good breakfast. But we had to admit that his reason was pretty sensible. And one teacher in the group said,

"Yes, there's something to that idea of eating a breakfast that will 'stay by' you until lunch. I've noticed that children do better work in the morning if they get an adequate breakfast. They pay better attention in class and don't get so restless."

That teacher was saying just the same thing that nutrition experts say -- a breakfast should satisfy you until lunch. But the nutritionists say in addition that an adequate breakfast must do two other important things. It must supply a certain part of the day's food needs. And it must start the day off right in a calm, orderly fashion.

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An adult who eats an early breakfast and a light lunch must get from one-fourth to one-third his day's food needs from breakfasts. A young child must get about one-third.

From morning to morning, from season to season, there's not much variation in the types of food we eat for breakfast. A child usually gets fruit, a hot cereal with top milk, toast with butter, and whole milk to drink. Sometimes he has a piece of crisp bacon or an egg in addition.

An adult gets about the same. Only he usually prefers coffee or another beverage to drink in place of milk. And often, he wants a little meat or another main dish in addition, or, when he doesn't have cereal. That's pretty much the plan for breakfasts the year-round.

But altho the principal types of food in breakfast don't vary you can at least add variety by serving different kinds of fruits and cereals and preparing them in numerous ways.

One way to make the same food taste different from day to day is to cook it in various ways. And now that the weather is getting cooler the family will welcome piping hot dishes for breakfast more than ever. Here are a few suggestions for variations in the morning meal.

A bowl of steaming cooked whole grain cereal is an ideal dish for a chilly morning. It won't get tiresome if you serve it in moderation and see that it is thoroughly cooked and salted properly. And once in a while put raisins in it for a change.

Then there are a lot of other hot cereal dishes you may serve occasionally. Maybe your family has a favorite among them. Griddle cakes, French toast, fried cornmeal mush, waffles, are all good, but you can think of others.

If your family likes hot breads you've a grand chance to get variety by serving them instead of toast. Corn bread, muffins, biscuits, spoon bread, rolls, coffee cake -- they'll all taste good on a cool morning.

My suggestions for egg or meat dishes are rice omelet, small link or cake sausages, bacon and eggs, or liver and bacon.

And that brings us to the other main food on the breakfast menu -- fruits. You may even serve them hot once in a while if you want to. There's to be a bumper apple crop this year so why not have fried apples with bacon, or a juicy baked apple for breakfast. And there are always dried fruits to fall back on. They're especially good cooked and served hot.

Try any of these variations that strike your fancy. But if you're serving them hot really serve them that way, in plates or bowls that have been warmed. Of course the whole purpose in making breakfast more attractive is keeping the family interested in the important morning meal.
